

Caramelised Onion & Sausage Stew

Per Portion
540 Calories
18g Protein
50g Carbs
30g Fat



Ingredients

- 50g butter
- 1 onion, diced
- 1 tbsp sugar
- 2 carrots, sliced julienne style
- ½ swede, sliced julienne style
 - 1 garlic clove, crushed
 - 1 tbsp tomato purée
- 450ml chicken or beef stock
- 400g tin chopped tomatoes
 - Splash of Worcester sauce
- 2 large potatoes, cut in chunks
- 8 cooked sausages, cut into chunks

Method

- 1.** Heat the butter in a pan over a low heat, then add the sliced onion and fry gently for 20 minutes, stirring occasionally to make sure they don't stick.
- 2.** Add the sugar and increase the heat for 3 minutes.
- 3.** Reduce the heat and add the carrots, swede, garlic and tomato purée and cook for 5 minutes.
- 4.** Add the stock, tomato sauce or tinned tomatoes and Worcester sauce and simmer for another 5 minutes.
- 5.** Add the potatoes and cook for 15 minutes or until soft. Add the cooked sausages and stir through.
- 6.** Serve hot.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*